“A Study of Positive Effects of Yoga (with specific reference to Pranayama) in Learning Disabilities like Dyslexia, Dysgraphia and Dyscalculia”.

(A Study to Jaipur, Vapi Gujarat)

A Synopsis

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CHAPTER 1 INTRODUCTION

Introduction

The birth of a child with disability has a profound impact on the whole family. It effects not only the parents, but also siblings and the relationships among the family members. Parents are suddenly filled with strong emotions and difficult choices. They fees themselves isolated and alone, and do not know where to begin their search for information, assistance, understanding and support. Every bit challenges and concerns about the future of the child flood their minds and heart leaving them in enormous stress and negative feelings of pessimism, hostility and shame.

One of the first reactions is denial-“This cannot be happening to me , to my child, to our family.” One may rapidly merges with anger, which may be directed toward the medical personnel who were involved in providing the information about the child’s problem. Anger can also color communication between husband and wife or with grandparents or significant other in the family. Early on, it seems that the anger is so intense that touches almost anyone, because it is triggered by the feelings of grief and inexplicable loss that one does not know how to explain or deal with.

Fear is another immediate response. People often fear the unknown more than they fear the known. Having the complete diagnosis and some knowledge of the child’s future prospects can be easier than uncertainty. In either case, however, fear of the future is common emotions: “What is going to happen to this child when he is five years old, when he is twelve, when he is twenty-one? What is going to happen to this child when I am gone?” Then other question arise: “Will he ever learn? Will he ever go to college? Will he or she have the capability of loving and living and laughing and doing all the things that we had planned?” There is also fear of society’s rejection, fear about how brothers and sisters will be affected, questions as to whether there will be any more

brothers of sisters in this family, and concern about whether the husband or wife will love this child. These fears can almost immobilize some parents.

Then there is guilt – guilt and concern about whether the parents themselves have caused the problem ; " Did I do something to cause this? Am I being punished for something I have done? Did I take care of myself when I was pregnant ? Did my wife take good enough care of herself when she was pregnant ? " Much self-reproach and remorse can stem from questioning the causes of the disability. Guilt feeling may also be manifested in spiritual and religious interpretations of blame and punishment. When they cry, "Why me ?" or "Why my child?" , "Why has God don this to me ?" "What did I ever do to deserve this ?"

Confusion also marks this traumatic period. As a result of not fully understanding what is happening and what will happen, confusion reveals itself in sleeplessness, inability to make decisions, and mental overload. In the midst of such trauma, information can seem garbled and distorted and often parents are not on the same wavelength as the person who is trying to communicate with them about their child's disability.

Disappointment that a child is not perfect poses a threat to many parents egos and a challenge to their value system. Rejection is another reaction that parents often experience. Rejection can be directed toward the child or toward the medical personnel or toward other family members. One of the more serious forms of rejection , and not that uncommon, is a "death wish " for the child that many parents report at their deepest points of depression.

During this period of time when so many different feelings can flood the mind and heart, there is no way to measure how intensely a parent may experience the flooded emotions. Not all parents go through these stages, but it is important for parents to identify with the potentially troublesome feelings that

can arise, so that they can take immediately , and there are many sources or help, communication , and reassurance.

CHAPTER 2 REVIEW OF LITERATURE

Review of Literature

Learning disabilities has been developed as a specialized field with the belief that there are children within this heterogeneous mass who have enough I common either in the area of their difficulty or in the type of remediation to which they most effectively respond. The field of learning disabilities continues to be a dynamic discipline, which is responsive to advances tin education and changes in society. Children and youth who are destined to become educational discards unless their learning disabilities are recognized and treated, are likely to be found in any classroom. Although such student are not blind many do not see as normal students do; although they are not deaf, many do not listen or hear as normal students do; although they are not retarded in mental development, many do not learn as normal students do. The knowledge about learning disabilities serves the needs of special as well as regular classroom teachers, school psychologists, administrators, counselors, language pathologists, and other professionals preparing to work with such children. It can serve the parents seeking necessary background information to better understand the problems, their children face. Hence , learning disabilities is a crucial and focal issue of our prevalent education system.

Scrutiny of the literature

In order to formulate a research problem in the right perspective, a great deal of exploratory work is required. By exploratory research we mean collection and scanning of essential books, journals, manuals and Act, to get the relevant information and data which create an insight in and grasp on the topic of research. Having identified the problem and its worthiness, it was decided to

make an empirical study of various expects related with the problem. Tax on sales and purchases has been the area of special interest to the business community, Government and the common people. As such, the survey of literature on sales/ purchase tax was undertaken. The review of existing relevant material opened up some significant features of the present literature on sales/ purchase tax.

A NUMBER of research articles on sales/ purchase tax were also scanned. They have been published in various journals, e. g. , journal of marketing (usa) Indian management () and in daily newspapers like the economic times () and financial express () .

A review of the above mentioned studies helped the researcher in problem identification and in understanding the problem in its correct perspective. The researcher made a thorough search of literature by abstracting and indexing journals, reports, books both published and unpublished, laying emphasis on discovery of ideas and tentative explanation of various questions on the subject. The researcher tried to tap the reservoir of knowledge and experience gained by those familiar with the problem under investigation. To put it in the words of Claire sellitz, this “Research experience has demonstrated that literature survey, experience surveys and the analysis of selected cases are particularly productive in exploratory work ”.

CHAPTER – 3 OBJECTIVE OF THE STUDY

Objective

The study is focuses on mild to moderate disabilities.

Not all children are born equal . While some kids are born with natural knack for numbers and problems , other are naturally athletic and outgoing . A lot of it has to do with our genes. However , the brain is a constantly developing

organ that can understand new thing from very young age . The good news is , you can always improve upon the intellectual abilities of your young age . According to a study conducted by the Harvard University Preschool Project, the importance of personal experiences and how do they contribute to the mental development of children aged between ages 1.5 to 8 years is monumental. The good or bad experiences during these initial years were found to shape up their intellect for years to come.

Every child's cognitive ability is different, but you can always improve upon their mental capabilities in their fundamental years. Executive functions, better known as brain functions, involve the basic capabilities of planning, time management and memory-oriented details. By working to enhance these executive functions, you will be influencing their perceived excellence, not only at this stage, but will be setting the tone for their future successes.

According to science, this is easily doable. Mental training activities will accelerate your child's learning and intellectual capabilities in a fun-filled way. Here are a few ways to 'rewire' and unlock your child's mental potential.

Positive effects of yoga on Learning Disability

The brain is a magnificent organ which is capable of doing the amazing. The highest priority would be to maintain its peace and well-being. The brain is degenerated by several causes, causing mental disorders to set in. To stop this, improve and preserve the capacities of your brain by performing the following 5 poses of yoga.

Pranayama is an exact science. It is the fourth Anga or limb of Ashtanga Yoga. ***"Tasmin Sati Svasa prasvasayorgativicchedah Pranayamah"***. Regulation of breath or the control of Prana is the stoppage of inhalation and exhalation, which follows after securing that steadiness of posture or seat, ASANA .

Pranayam is the practice of controlling energy though the use of breath. Pranayam , the yogic art of breathing , leads to a control of the emotion which in turn bring stability , concentration and mental poise. Pranayam is a bridge which helps the student of yoga to cross from the realm of purely physical development to that of the spirit and forms a crucial stage in his journey towards self-realization.

Our body is like the wick of candle. And the mind is like the glow all around it . Prana is vital energy needed by our physical and subtle layers. Without which the body would perish. *Pranayama* means working in the dimension of *prana*

Before that, let's find out how Yoga can increase brain power.

Yoga to intensify brain power

Your brain is a muscle and requires exercise to function better. Yoga is the best form of exercise for enhancing brain function. Stress and anxiety can cause a malfunction in your brain and that's what yoga can help prevent. Yoga regulates the nerve vagus which deals with the mood and stress levels of your body.

How these 5 Effective Yoga Poses For Brain Power

Padmasana (Lotus Pose)

Padmasana, or the Lotus Pose, is synonymous with the lotus associated great fables. Padmasana is a meditative posture that works best and not even on an empty stomach when performed in the morning.

Benefits: Padmasana will relax the mind and will calm the brain. This gives your ankles and knees a good stretch, makes your thighs more flexible and helps your body posture better.

Vajrasana (Diamond Pose)

Vajrasana or Diamond Pose is a kneeling exercise, usually accompanied by exercises in the breath. The Vajrasana practice allows your body to become as strong as a diamond.

Benefits: Vajrasana helps with proper digestion, and eliminates constipation with regular practice.

Paschtimottanasana (Seated Forward Bend)

Paschimottanasana, or the Seated Forward Turn, is a rather basic classic Hatha Yoga pose. This asana offers a nice stretch to the body and focuses on the back.

Benefits: Paschtimottanasana relieves mild depression and tension, provides good stretching to your shoulders and stimulates your kidneys. It strengthens the spine because it is a seated forward fold and calms the mind.

Halasana (Plow Pose)

Halasana or the Plow Pose uncovers the body's secret capabilities. The pose reflects the plough form and is an advanced pose in yoga.

Sirsasana (Headstand)

Sirsasana or the Headstand is the king of all poses linked to yoga. To practice this asana, it is important to have your stomach empty and bowels clean.

Benefits: Sirsasana calms the body straight away. It stimulates the hypophyseal gland, strengthens the lungs, enhances digestion and cures asthma. It strengthens the arms and legs, and tones the abdominal organs.

CHAPTER – 4 RESEARCH DESIGN

Research Design

C. William Emory defines research as any organized inquiry carried out to provide information for the solution of a problem. Identification of research problem is the basic and foremost step to the research process. It is evident that without selection of a specific topic, the researcher cannot initiate the process of organized enquiry. Without identification of research problem, a researcher cannot design his research project. Therefore, at the very outset, the researcher must single out or formulate the problem he wants to study.

"Research', says Mildred Parten, "refers to the organized method consisting of enunciating the problem, collecting fact, critical analysis of facts and arriving at conclusions based on them. Formulation of the problem in the first and vital step in research.

Types and Sources Of Data

Statistical data are necessary for qualifying, rejecting or supporting and hypothesis formulated for the research project. These data could either be primary or secondary. Among the two basic means of obtaining primary data, one is communication. Communication involves the questioning of respondents to secure desired information using a survey instrument, which is called a questionnaire or schedule .

The use of questionnaire was preferred due to the following reasons :

(i) Majority of the respondents in the sample were literate or educated.

(ii) The approach to respondents was quite easy and the replies of the questionnaire could be received in time.

(iii) The study of the topic under investigation could not be made on the basis of schedule, because of nature of the subject of research and the lack of time;

Beside the primary data, the study included secondary data based on the international papers published , etc.

The sampling techniques to be used in the study was convenience and not probability. The size of the sample shall be only 50. It may be taken to be a small sample. But, it will be used to corroborate the case. The other limitation is that all the respondents were Yoga Teachers, faculties working with students learning disabilities and parents of students , whose function was related to the topic of research. Their opinion may be a biased one.

The researcher wants to know the effect of Yoga particularly to the Covid patients . The subject of the study is, therefore, ever evolving and dynamic.

Total 50 respondents are proposed to be selected for the present study. The questionnaire will be developed based on benefits of Pranayam related to persons with Dyslozia, Digraphia & Dyscalculia . This study shall adopt validated questionnaire to collect data and to administered on both the parents and the teachers. Parents and Teachers are the variables for the present study. The obtained data will be analyzed in terms of percentages and the results will be compared by using Ki-square test and to find out impact of yoga education particularly to the Corona patients. The present results of the study will be showing that there is an overall moderate level of positive benefits on yoga, particularly Pranayam, on the persons effected with Dyslozia, Digraphia & Dyscalculia.

Tool

The questionnaire is developed as a part of research tool and later it will be validated by experienced professionals for finalization. The questionnaire will be developed based on the acts and policies. The questionnaire consists of 30 items. The questionnaire has questions in all concerning areas of the above

cited impairments . The number of items in each items in each category varied based on its classification awareness.

Procedure

The data will be collected from the parents of children with learning disability lie dyslozia, disgraphia & dyscalculia who are studying at school level from various parts of Rajasthan State particularly in jaipur. Prior to the collection of data , the permission is sought from the heads of schools and from Parents and teachers including Yoga Teachers. The questionnaire will be administered to the each parents & teachers and explained the aim and objectives of the study. The data will be collected in around 60 days. The investigator shall convey thanks to all the parents at the end for their cooperation. The questionnaire is prepared in Englih, and the questions is translated to mother tongue to those who do not know English and their responses will be recorded. The collected data will be complied and analyzed by applying sample to appropriate test.

Formulation of hypothesis

The formulation of the hypothesis is an important step in conduction research. As soon as the problem for research is identified, the next step is to formulate a working hypothesis, which , in other words is a tentative solution of answer the problem. Webster's new international Dictionary of English language, 1956, defines hypothesis as "a preposition, conditioner principle which is assumed perhaps without belief, in order to draw out its logical consequences and by this method to test its accord with fact which are known or may be determined. Thus , hypothesis is a temporary solution, the validity of which has got to be tested.

A hypothesis provides the basis as to what we are looking for. In fact, as Kiplinger puts it, a hypothesis is a statement about two or more variables that are measurable or potently measurable, which specified how the variables are

related. The use of a hypothesis thus prevents a blind search and indiscriminate gather of masses of data which may later on prove irrelevant to the problem under study.

C. William Emory states that there is a question-hierarchy in research process, containing four level question, viz., the management question /problem, the research question/ problem, the investigative question, and the measurement or response question.

HYPOTHESIS TESTING

Regarding the present study, these questions may be stated as under :

a) The management question/ problem: what kind yoga techniques be adopted to improve the learning capabilities in positive sense.
b) The research question / problem : what kind of role a YOGA practice plays in learning disability? up to what extent, the Yoga has proved to be effective in checking learning disabilities ?
c) The investigative question : What factor involved in learning disabilities called Dyslozia, Disgraphia and Dyscalculia ?
d) The measurement or response question: What precisely is the Dyslozia, Disgraphia and Dyscalculia and how it is influenced by various factors. The measurement question has been answered with the help of the case study and the preparation of a structured questionnaire.

With an eye on the above question hierarchy ,the hypothesis for present research was formulated. Is Yoga helps in learning disability like Dyslexia, Dysgraphia and Dyscalculia"

PREPARATION OF THE RESEARCH REPORT

Finally, the present research report will be prepared. HarpernW. Boyd, Jr. and Ralph Westfall emphasize the importance of research report and particularly status, no matter what the proficiency with which all previous steps have been dispatched, the project will be no more successful than the research report. Its

sequence is – title page, preface the purposive prelude, methods employed, findings, conclusion, recommendations and appendix- with the structured schedule and bibliography.

CHAPTER 5: MENTAL DISORDER & LEARNING - A CASE STUDY

Learning disabilities are common and many people with learning disabilities have considerable, and often multiple , mental health problems. Additionally, their health needs are often overlooked, or misattributed to their learning disabilities, resulting in unnecessary suffering which could be alleviated by access to the right care and support.

People with learning disabilities are amongst the most vulnerable and socially excluded in our society . Very few have jobs, live in their own homes or have choice over who cares for them. This needs to change. People with learning disabilities must no longer be marginalized or excluded. Valuing People sets out how the Government will provide new opportunities for children and adults with learning disabilities and their families to live full and independent lives as part of their local communities.

Valuing people is based on the premise that people with learning disabilities are people first. We focus throughout on what people can do, with support where necessary, rather than on what they cannot do.

While all NICE guidelines are relevant for people with learning disabilities, this guideline has been produced to highlight reasonable adjustments so that people with learning disabilities who have mental health problems receive equality of care and support. This guideline considers:

- anticipatory care aimed at prevention of mental health problems;
- care, support, and recovery for persons with learning disabilities who have mental health problems; and
- associated support for family and paid carers.

People with learning disabilities deserve to be equally valued and respected. This value and respect will build an inclusive society enriched by diversity, benefitting all citizens.

Learning disability

The Department of Health, uses the term ‘learning disabilities’ when the following 3 core criteria are present:

- a significantly reduced ability to understand new or complex information, to learn new skills (impaired intelligence), with
- a reduced ability to cope independently (impaired social functioning)
- which started before adulthood, with a lasting effect on development.

The term learning disabilities is synonymous with the term ‘intellectual disabilities’, used commonly within the academic literature. People have learning disabilities from birth, or develop them during infancy or childhood. They affect the person’s development and are long-lasting. A person with learning disabilities needs additional support with learning while at school, and often with daily activities all through their life. Because it can be more difficult to understand, learn and remember new things, they might have needs related to communication, being aware of risks and managing everyday tasks, and need support to live independently. There are many causes of learning disabilities and the cause is often unknown.

Effects of ‘Yoga’ And ‘Pranayam’ In Dyslozia, Disgraphia & Dyscalculia

a. Yoga

One of the meditation benefits along with YOGA practice is greater self-awareness and as this deeper awareness grows so does compassion, which leads to a happier healthier relationship with life. For those with disabilities

embracing this awareness is a way to create a shift in consciousness that can transform the world.

Research will explicitly show that variety of forms of meditation have been used as beneficial adjunct therapies in anxiety, depression, epilepsy, posttraumatic stress disorder, memory enhancement and pain.

The study is focuses on mild to moderate disabilities.

Pranayama is an exact science. It is the fourth Anga or limb of Ashtanga Yoga. ***"Tasmin Sati Svasa prasvasayorgativicchedah Pranayamah"***. Regulation of breath or the control of Prana is the stoppage of inhalation and exhalation, which follows after securing that steadiness of posture or seat, ASANA .

CHAPTER – 6

CONCLUSION AND SUGGESTION

Yoga- A ray of hope for people with disabilities in the pandemic of Corona tenure.

Persons with disabilities deal with physical pain and psychological distress. By focusing on strengthening their minds and caring for themselves, it is possible to overcome their disabilities to a large extent to lead healthier and happier lives. Social interaction from an early age is fundamental to human development at many levels. The development at many levels. The development of skills, relationships , and character depends on adequate and repeated brain stimulation to enforce strong network that support decision making for well being. Furthermore, it is necessary to protect the brain from unhealthy sensory overload.

Maintaining a healthy balance between receptivity and detachment to others in critical to flourishing relationships and to physical and mental health.

Lifestyles that include regular exercise and meditation have been shown to have a greater chance at achieving such equanimity.

One of the meditation benefits along with YOGA practice is greater self-awareness and as this deeper awareness grows so does compassion, which leads to a happier healthier relationship with life. For those with disabilities embracing this awareness is a way to create a shift in consciousness that can transform the world. It benefits in so many areas , such as, relief from emotional pain, depression and relief from physical pain cause due to Covid-19. Meditation creates a one-pointed mind that helps restore the coherence of the human system and as well as harness energy to overcome physical and psychological challenges. As a complementary approach to personalized medical care and conventional therapies, meditation has shyly made its way into several clinical settings and has undergone unprecedented scientific research in the last few years. The main driving force for this sudden interest in the undisputed need to develop less costly healthy programs for rising chronic diseases and noninvasive, self-initiated strategies to promote wellness in a fast paced, technology-dependent society that pushed for multitasking constant sensorial stimulation and less contact with nature.

Suggestions

Parents responsibilities towards their children starts from, registering the birth of a child with disability , providing equal care to all children in the family including children with disabilities, accepting the problem of their disabled children and respecting their evolving capacities, taking complete responsibility of decisions affecting them and ensuring with education and support for overall growth of their children with disabilities by facilitate communication, attending school meetings helping with homework and where a school and education authorities accountable in fulfilling their obligations to children with disabilities in their education. Beside these , ensuring that

children with disabilities are also provided with the same quality of food , water and shelter as other children in the family are getting. Also there is a need to include children with disabilities in all social and cultural events on an equal basis with other children, facilitating opportunities for children with disabilities to play and associate with other children. Therefore, parents are the primary duty bearers. They play a dual role in the life of child with disability. One as primary stakeholders to make provisions for their child,s growth and development and the other as advocates seeking facilitation from res of the duty bearers.

DIFFICULTIES AND LIMITATIONS FACED BY THE RESEARCHER

Perhaps, there is no research study without any limitation or constraints. The present study is an attempt to analyze the effect of Yoga practic to persons with Dyslozia, Digraphia & Dyscalculia .

The researcher knows that no respondent wants to speak to a researcher about his clear opinion. The things remain shrouded in mystery because, for a Yoga teacher , the knowledge of his modus operandi to all are same means a set-back to him. In schools for Dyslozia, Disgraphia and Dyscalculia in jaipur , there is no clear cut way of teaching to such students suffering from learning disabilities. The teachers keep the working throughout the year, but that too is a secret beyond the reach of the researcher. Neither the Yoga man nor the teachers would like to disclose ways to reduce problems of learning disabilities among children. The various reports on Dyslozia, Disgraphia and Dyscalculia are a great source of knowledge .

It also throws light on how such incapability's develop among children is due to utter negligence or lack of knowledge of the parents .

The researcher usually ask parents the fickle ways of the other parent. He founds that the parents are not frank to speak the truth about the ignorance

with their children of the other fellow parents . As far the Health department, they have little time to talk to others where they know that they have to gain nothing, The path for the researcher in the field of studying the problem is thorny.. He has always been afraid of asking direct questions from authorities about the lack of knowledge of learning disabilities problem in children, which the published Reports and papers in journals cited in objections of wrong interpretation of problem, application of inappropriate course of teaching to such children which rendered the problem unsolved. Of course, the researcher found the root of all this is the lack of knowledge in all concerned persons . After much persuasion and tactful handling to all respondents among Yoga Teachers, faculties working with students learning disabilities and parents of students , the researcher could elicit information required for the study.

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